

ABSTRACT

The invention relates to oil composition comprising
0.1 to 59.8% by weight of a triglyceride, 40 to 99.7% by
5 weight of a diglyceride, 0.1 to 10% by weight of a
monoglyceride and at most 5% by weight of a free fatty
acid, wherein contents of $\omega 3$ type unsaturated acyl groups
having at least 20 carbon atoms and monoenoic acyl groups
in acyl groups constituting the diglyceride are 15 to
10 89.5% by weight and 10 to 84.5% by weight, respectively;
and oral medicinal compositions and foods comprising such
an oil composition.

The oil composition effectively develops
physiological functions derived from $\omega 3$ type unsaturated
15 fatty acids, such as inhibition of platelet aggregation,
and is excellent in effect of facilitating combustion of
body fat, oxidation stability, flavor and the like, and
also excellent in flowability.

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